

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness of psychological resilience training on aggression and happiness in students

Protocol summary

Summary

Abstract Objective: this study was carried out to determine the effectiveness of resilience training on aggression and welfare of nursing and midwifery students. **Design:** this research was an experimental study with pre and post-test as well as control group. The statistical population consisted of all nursing students studying in Rasht Islamic Azad University in 2016. The subjects received the required information and then completed the 3-part questionnaires including personal, welfare and aggression. **Setting and conduct:** the sample (N=400) answered the questions and 58 people who were given the lowest scores for welfare and aggression were determined of which 30 people were randomly selected and divided into two experimental and control group. They were informed that they could quit the experiment whenever they want and all information would be confidential. **Participants including major eligibility criteria:** the statistical population consisted of all nursing students in Rasht Islamic Azad University in 2016 (N=400). The measures were willingness to participate and psychological disorder history. **Interventions:** the plan was based on resilience training package during 12 sessions. **Variables:** aggression and welfare were the main variables.

General information

Acronym

Effectiveness

IRCT registration information

IRCT registration number: **IRCT2016112231016N1**

Registration date: **2017-04-10, 1396/01/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-04-10, 1396/01/21

Registrant information

Name

Bahman akbari

Name of organization / entity

Islamic Azad University of Rasht Branch

Country

Iran (Islamic Republic of)

Phone

+98 13 3342 4081

Email address

akbari@iaurasht.ac.ir

Recruitment status

Recruitment complete

Funding source

Islamic Azad university of Rasht Branch

Expected recruitment start date

2016-11-21, 1395/09/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of psychological resilience training on aggression and happiness in students

Public title

Effectiveness of resilience on aggression and happiness in students

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: agreement for participating the study and Being a student. Exclusion criteria: physical disability

Age

From **139 years** old to **139 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of School of Nursing and Midwifery of Islamic Azad University of Rasht Branch

Street address

Islamic Azad University, bridge of talishan, Rasht

City

Rasht

Postal code

Guilan

Approval date

2017-01-17, 1395/10/28

Ethics committee reference number

IR.IAU.RASHT.REC1395.44

Health conditions studied**1****Description of health condition studied**

aggression

ICD-10 code

F55

ICD-10 code description

Mental and behavioural disorders due to psychoactive substance use

Primary outcomes**1****Description**

Aggression

Timepoint

Before of intervention and after of intervention

Method of measurement

Bass aggression scale

Secondary outcomes**1****Description**

Happiness

Timepoint

Before of intervention and after of intervention

Method of measurement

Oxford Happiness Questionnaire

Intervention groups**1****Description**

Intervention group 1: The effect of resilience training, 10 sessions of 90 minutes, Summary of meetings: Session 1: introduction, creating a friendship nvironment, description of adventages and the objectives. Session 2: Awareness of their individual abilities. Session 3: Dissection of Methods of improving self-esteem. Session 4: Dissection of Methods of effective communication. Session5: The importance of friendship and Understanding the characteristics of good friends. Session 6: Assignment of goal in life And recognizing the importance of choosing targets. Session 7: Understanding the proper criteria for decision-making. Session 8: Survey on problem solving. Session 9: Recognition of an individual responsibility. Session 10: detection and dissection of Anger management techniques. Session 11: Fostering a sense of spirituality. Session 12: reviewing all sessions and contents.

Category

Lifestyle

2**Description**

control group:The control group will not receive any education.

Category

Lifestyle

Recruitment centers**1****Recruitment center****Name of recruitment center**

School of Nursing and Midwifery of Islamic Azad University of Rasht Branch

Full name of responsible person

Doctor Bahman Akbari

Street address

Islamic Azad University, bridge of talishan, Rasht

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University of Rasht Branch

Full name of responsible person

Investigator

Street address

Islamic Azad University of Rasht Branch

City

Rasht

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Islamic Azad University of Rasht Branch

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University of Rasht Branch

Full name of responsible person

Doctor Bahman Akbari

Position

associate professor/ supervisor of Department of Psychology

Other areas of specialty/work

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty